



U.S. AIR FORCE

July 22, 2005

# ALI TIMES



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## Out and about

Col. Michael J. Nowak, 407th Air Expeditionary Group commander, visits Team Ali.



Photo by Airman 1st Class Jamie Shultz

(Left) Senior Airman Joshua Jacobs, 407th Expeditionary Communications Squadron Base Information Infrastructure cable technician, and (right) Airman 1st Class Louis Lindsay, 407th ECS BII cable technician, show (back) Col. Michael J. Nowak, 407th Air Expeditionary Group commander, how to put connectors on fiber optic cable.

I recently visited 407th Expeditionary Communications Squadron troops out in the hot sun digging trenches so they could reinstall the cable for the precision approach radar here. That's significant because it doesn't just impact aircraft here. If a transiting fighter aircraft needs to divert here due to inclement weather, they use the PAR to safely land. It's backbreaking work that we typically think of civil engineers performing. They do it to make sure when each one of us wants to log onto the computer and send an e-mail or call our loved ones, we can. They tell me they have dug more than three miles of trenches here, most of which is done by hand with shovels and picks. In this rotation so far, the base infrastructure shop has installed more than five miles of telephone cables and provided new service to more than 100 customers on base, and upgraded service for more than 60 other customers. I think that gives new meaning to the recently popular slogan, "Can you hear me now?"

Because of BII efforts, we can hear from and read e-mails from the people we love.

## Front Page photo



Photo by Master Sgt. Lek Mateo

Staff Sgt. Gregory Long, 407th Expeditionary Security Forces Squadron, and his military working dog, Doran, search the undercarriage of a vehicle for explosives at Camp Cedar. Sergeant Long is deployed from Mountain Home Air Force Base, Idaho.

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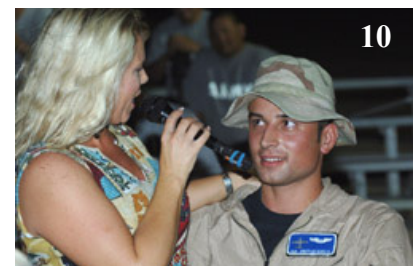


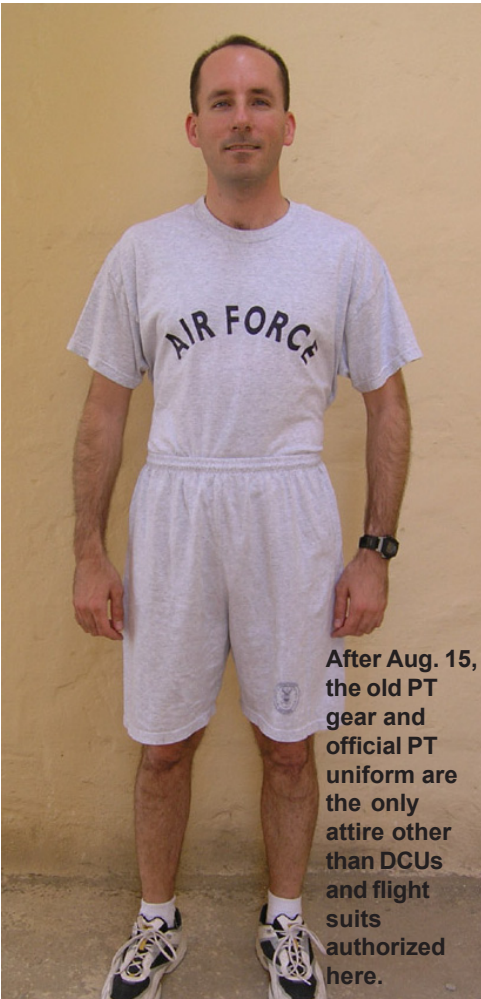




Photo by Airman 1st Class Jamie Shultz

(Left to right) Brig. Gen. Frank Gorenc, 332nd Air Expeditionary Wing commander, answers a question about uniform sizes from Staff Sgt. Christopher La Fluer, 407th Expeditionary Logistics Readiness Squadron, July 15 at a troop call here. During the visit, he stressed the importance of wearing the official Air Force physical training uniform in the combat area of operations. He named three reasons for setting the policy in place in this AOR: force protection (it's easier to figure out who the bad guys are because they will stick out when not wearing our uniform), safety (the PT uniform has reflective properties to keep members' safe at night), and good order and discipline. He also spelled out his mission philosophy: do your job, concentrate on the basics (discipline, safety, loyalty, leadership and mission), trust your leadership, respect your peers and mentor your subordinates.

## New PT uniform guidance deadlines set at Ali



After Aug. 15, the old PT gear and official PT uniform are the only attire other than DCUs and flight suits authorized here.

Authorized to wear until Sept. 1

(Left) Capt. Stephen Esposito, 407th Air Expeditionary Group, wears the old Air Force physical training gear, which can be worn until Sept. 1 here. **As of Aug. 15, Ali member's must either be in one of the two PT uniforms shown, and can't wear any other previously-approved uniform combinations of civilian clothing.** (Right) Captain Esposito models the official Air Force PT uniform, which will become the only uniform allowed after Sept. 1 other than the desert camouflage uniform and flight suit here. Base officials are allowing members to wear the old PT gear until Sep. 1 to give members time to purchase the official PT gear. If members have trouble finding the uniform in their size, they should contact their first sergeant to help locate the proper size. **After Sept. 1, base members will only be allowed to wear either the DCUs and flight suit, or the official PT gear while outside their tent.** After that time, if member's don't have their official PT gear, they must remain in their duty uniform until they can purchase appropriate gear. No exceptions will be made. "I need your help to let your replacement know they can only wear the official Air Force uniforms (DCU, flight suit or official PT uniform) here, and make sure they also bring their sweats (official AF PT overgarments) to make it through the colder months," said Col. Michael J. Nowak, 407th Expeditionary Group commander. "We want to ensure we give everyone plenty of time to purchase the official uniform, but we can't lose sight of the fact that we're in a combat zone and we need to maintain proper uniform standards."



Only authorized PT gear after Sept. 1



# Military working dogs: More than man's best friend

By Army Master Sgt. Lek Mateo

56th Brigade Combat Team Public Affairs

**D**ogs are known as man's best friend, but to Airmen and Soldiers here, military working dogs are considered a four-legged partner in the war against terrorism.

Security forces Airmen and Soldiers, along with their military working dogs, have partnered together to provide force protection on this sprawling air base that is home to thousands of coalition servicemembers and civilians.

In the eyes of the Air Force, the dogs are considered valuable property, like an F-16 Fighting Falcon, said Tech. Sgt. Terri Frye, 407th Expeditionary Security Forces Squadron's kennel master who is deployed from Hurlburt Field, Fla. But to her and many of the handlers she works with, their dogs are much more than that. Although the handlers understand that the dogs are Air Force property, they cannot help but become attached to their dogs after years of working with them side by side, she said. "Your dog is your best friend," Sergeant Frye said. "And you will always remember the dogs that you have worked with."

Staff Sgt. Gregory Long, 407th ESFS dog handler deployed from Mountain Home Air Force Base, Idaho, said he has always been around dogs, having grown up on a cattle farm.

Part of the job for Sergeant Long and his 4-year-old German shepherd explosive patrol dog, Doran, is to search vehicles that come onto base.

Although some searches net contraband, Sergeant Long said their mere presence also provides a deterrent to bad guys, especially when they see Doran's sharp fangs. He compared Doran's teeth to 42 bullets that can exert 350 to 400 pounds of pressure per square inch in a bite — enough to break a man's arm. Nevertheless, the two share a close bond.

"Doran is my partner," Sergeant Long said. "He looks out for me, and I look out for him, and he is a partner that I would trust my life to."

Here, Sergeant Long has also struck up



Photos by Army Master Sgt. Lek Mateo

**(Top)** Doran, a 4-year-old explosive patrol dog, searches the back of a civilian vehicle at Camp Cedar as his handler, Staff Sgt. Gregory Long, 407th Expeditionary Security Forces Squadron, directs him to potential hiding spots. **(Below)** Sergeant Long and Doran take a break; the team searches more than 40 vehicles daily. Sergeant Long is deployed from Mountain Home Air Force Base, Idaho.

a partnership with his Army counterparts.

Army Staff Sgt. James Demaree said he thinks it is a good idea to have joint patrols with the Air Force not only because they foster a good working relationship, but also, and more importantly, because the job they perform benefits everyone here.

"The Air Force security forces and their dogs provide a service that helps us ensure that we can have a better level of force protection for our Soldiers and Airmen based here," Sergeant Demaree said.

The natural instincts a dog possesses contribute tremendously to their arsenal for deterring attacks, Sergeant Demaree said.

"The dog is definitely an important asset," he said. "He has keen senses like his smell and hearing that are well beyond ours and that definitely make him a combat multiplier."



**"He looks out for me, and I look out for him, and he is a partner that I would trust my life to."** Staff Sgt. Gregory Long, 407th Expeditionary Security Forces Squadron dog handler

# A purpose driven life from an ant's perspective

I often wonder if ants are purpose driven, and if there are any common characteristics between an ant colony and Ali Base?

I recall several days ago getting up from my desk, heading for the dining facility. Just like most of you, my mind was all over the place. Plenty of jobs: several issues to work for the boss, dodgeball game tonight—got to be there—want to support the troops, infrastructure meeting tomorrow—I need the latest stats today...lots of activity. I walk through the hallway, not really noticing the folks in my communications focal point and help desk, but noticing shadows, bodies moving and a plethora of activity.

I walk out the front door and notice an ant crawling down the wall carrying debris. The debris is about three times the size of the ant. As I expected, the ant fell to the ground. It still gathered the debris and kept on working - pulling the debris to its final destination.

Some people here are working through the 40-day program prescribed by the book, *Purpose Driven Life*. I thought this title was a pretty good attention-getter. I look around at all the Communications projects and activities, and the ongoing work of all squadrons, and I am humbled at the amount of activity taking place at this time, in this one corner of the world.

In trying to make a comparison on this level of activity, the closest example I can muster is an ant colony. Just like the ant I noticed, working hard and focused on its tasks, the people at Ali Base are all doing the same. Another similarity is that different ants are responsible for doing different things - all to benefit the colony.

And today's busy environment there's an abundance of discussion about who is doing what, who is working the hardest or whose job is more important. I wonder if ants do the same; I'm

**"I look around at all the Communications projects and activities, and the ongoing work of all squadrons, and I am humbled at the amount of activity taking place at this time, in this one corner of the world."**



Quote and story by Senior Master Sgt. Vincent R. Jones  
407th Expeditionary Communications Squadron superintendent

sure they do. Forget all that scientific blah, blah, blah. With heredity being wired a certain way, I'm sure ants wonder about what the queen ant's job entails.

It's only natural for human beings to think, wonder and have ideas. There's absolutely nothing wrong with that.

We all are a part of history in the making, the rebuilding of a nation - the rebirth of an Iraqi Air Force. This is definitely life-changing good stuff.

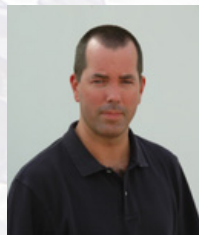
I heard several people state this is why they joined the service — a sense of mission!

Some people may challenge my lighthearted comparison of Ali Base personnel and ants, and that's fine. We all have our opinions. I would be surprised if worker ants didn't wonder what the soldier ants were doing; remember the movie *Ants*?

In the end, when the curtain goes up regardless of who does what, the job gets done. It's nice to know that everyone here at Ali Base is doing their part to help build and sustain the colony.

## AFOSI: protecting Team Ali around the clock

**"...you live within six miles of a number of groups that would like to see you go home, by whatever means, but AFOSI special agents are on the front lines, literally, countering the threats they pose to all of us."**



Quote and story by Lt. Col. John Ryan  
Air Force Office of Special Investigations commander

Just what the heck are those OSI guys doing in Iraq? Well, quiet a bit, let me tell you. Today in Iraq, the Air Force Office of Special Investigations is conducting the most intense AFOSI wartime mission since the Vietnam War.

In early 2003, AFOSI agents and support personnel were some of the first people in the conflict. After establishing units throughout the country, we've been conducting operations in support of force protection, countering the threat posed to our interests from hostile foreign intelligence services and providing prime intelligence to coalition forces concerning all aspects of Iraqi Freedom.

What does that mean?

It means that AFOSI special agents identify, recruit and maintain a source network through which we obtain information regarding the threat to all of us here at Ali Base.

While security forces work diligently to ensure we are all safe where we work and live, AFOSI works further outside "the wire"

See *AFOSI* Page 6



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### EDITORIAL STAFF

**Col. Michael J. Nowak**  
Commander, 407th AEG

**Tech. Sgt. Melissa Phillips**  
Editor/Chief, Public Affairs

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Deadline for publication is 2 p.m. Thursday before the week of publication. For more information, call 445-2318, or e-mail the staff.



## OSI agents gather intelligence 'outside wire'

### AFOSI intelligence 'outside wire'

Continued from Page 5

to ensure threats are detected long before they become dangerous.

In fact, our area of responsibility here at Ali Base covers most of the country from north of Basra in the south, to around Najaf between Baghdad and An Nasiriyah.

We develop actionable intelligence through human intelligence and other means to apprehend insurgents and other threats to include weapons caches in our area. Agents are responsible for interrogating captured insurgents to further develop intelligence information. We also act as liaison with coalition forces and host country law enforcement officials to coordinate efforts and information.

Whether you know it or not, you live within six miles of a number of groups that would like to see you go home, by whatever means, but AFOSI special agents are on the front lines, literally, countering the threats they pose to all of us.

It's dangerous work. To date in Iraq, one agent has been killed and five more severely wounded conducting our mission.

We deploy for six months, and some individuals will be extended to one year in this

theater. We are a vital component of the Air Force mission and many commanders have declared they would not deploy without us.

Are you interested in a career with AFOSI? Although you can't apply for retraining to AFOSI while deployed, I highly encourage those of you who are interested for this fascinating challenge to contact your local OSI office after you redeploy.

For more information, go to <http://public.afosi.af.mil/index.html> and watch our video on the intranet at: <http://intranet/OSI/index.htm>.

### AFOSI factoids

– It was an AFOSI agent who first alerted the headquarters for Gen. Douglas MacArthur, 42nd (Rainbow) Division commander and former Army Chief of Staff, of the attack from North Korea that began the Korean War in June 1950.

– Sen. Arlen Specter (Pennsylvania) is a former AFOSI agent, as was Rep. Herbert H. Bateman (Virginia), who passed away Sept. 11, 2000.

– AFOSI welcomes more than 230 new special agents into the organization each year.

– AFOSI is the second-most requested career-field choice in the Air Force.

### Don't e-mail military flight info details on NIPRNET

Members are reminded to never e-mail military flight information details over the non-secure internet protocol router network (regular e-mail). If they need to e-mail military flight information, they should use the secure internet protocol router network. Individuals can; however, e-mail the time of arrival to their commercial port of entry via NIPRNET.

### Proper disposal of uniforms

Personnel must **never** throw away desert camouflage or Air Force physical training gear in the dumpster. This is a serious force protection violation, and members caught doing so will be held accountable for possibly compromising our safety. Members should take serviceable uniforms back with them to use during future deployments. However, members can properly dispose of unserviceable uniforms in the box in front of 407th Expeditionary Services Squadron supply tent in Bedrock. If no one is there, individuals can take unserviceable uniform(s) to the Hot Spot front counter. The uniforms will be taken to the burn pit and destroyed properly. For more information, contact Staff Sgt. Titus Cordero, 407th ESVS, at 445-8212 or the Hot Spot at 445-2306.

### Search pockets for personal items before laundering

Always make sure to double check your pockets and remove all personal items prior to turning over your clothes to the commercial laundry. Remember force protection is everyone's business!

### Fire reporting directions

For fire emergencies at Ali, personnel must call 911 immediately, and then evacuate the building. The senior ranking individual should account for all personnel. Although many base facilities contain fire alarms, none of the alarms automatically alert the fire department to respond to a fire. If the fire alarm system goes off and you're certain it was an accidental activation, call the fire department at 445-2259 to report it and a crew will be dispatched to reset the system; otherwise call 911.

**Come out and enjoy the musical stylings of the Air Force's premier entertainment team 8 p.m. Saturday at the Big Top.**



# Understanding thy neighbor

## How to live peacefully with Bedrock's many creatures

**By Tech. Sgt. Frank Furio**

*407th Expeditionary Civil Engineer pest management/environmental coordinator  
noncommissioned officer in charge*

At Ali Base, we share space with others. However, we tend to forget that people are not the only ones we share with.

In the desert of Iraq, there are many different life forms and some are more vicious than others.

Iraq and America actually have the same types of creatures like dogs, cats, spiders, mice, flies, mosquitoes, bats, birds and snakes. Because our home stations are in

hangers. Therefore, during work operations and off time, use care and common sense to reduce encounters.

Basic day-to-day sanitation will help remove items that attract unwanted visitors. First, reduce food sources from your work and living areas. Second, keep areas secure to deny them a place to live by putting a sweep on the bottom of doors and weighting down the flaps on tents. Finally, elimi-

**“Let’s continue to make the effort to live in harmony with our neighbors by being smart and respecting the life all around us.” – Tech. Sgt. Frank Furio**

better repair than the conditions we currently live in, we tend not to see our neighbors that often at home.

Local animals here are more well-adapted to this environment like desert foxes, jackals, camel spiders and lizards.

By better understanding these animals, it will reduce any chance of dangerous encounters.

You will most likely encounter a number of creatures during your rotation. As the temperature rises, animals and insects will change habits and dwell more at night while it is cool to search for food and water. During the day, they will look for cool places to hide like tents, shelters, offices and

nate water sources. Water is a must have for all creatures in this environment. A small leak is enough to sustain life for some creatures indefinitely. So report leaks that need fixed to 407th Expeditionary Civil Engineer Squadron customer service at 445-2CES (2237) immediately.

Let’s continue to make the effort to live in harmony with our neighbors by being smart and respecting the life all around us.

When you encounter any animal, insect or reptile, it is best to keep your distance. If they invade your space, call the professionals at 407th ECES Entomology to take the risk, instead of you incurring risk.



*Courtesy photos*



### Critters found at Ali

1. Snake
2. Camel spiders
3. Fox
4. Scorpion
5. Bats



**He may look cuddly but jackal's carry diseases and rabies. Base officials warn residents to never make the mistake to treat wildlife here like they're common pets. If anyone encounters dangerous animals, lizards or insect life, they shouldn't handle it themselves and should call entomology immediately at 445-2237.**

## Bridging the "gulf"

### Long distance marriage maintenance classes

Wednesdays at 1:30 p.m. at the Troop Medical Clinic, second floor of Building 208 on 7th Avenue (same street as Italian pizzeria).

Starts July 27 and lasts four sessions

For more information or to sign up, call 833-1562.

## Deploying Troops Discover the STAR® Treatment

In an attempt to ease the financial stress associated with assignment to contingency locations overseas, the Army & Air Force Exchange Service (AAFES) offers two Military STAR® Card options to deploying troops.

Military STAR® cardholders on their way to locations in Operations Enduring and Iraqi Freedom may be eligible for a plan that offers: a six percent interest rate with no monthly payments and deployment credit limits or an option that also provides six percent interest rate with monthly allotment payments and increased credit limits. A deployed credit limit stabilizes the credit limit for the length of deployment while an increased credit limit raises credit limits while deployed.

Further benefits of both options include no annual or late fees, online account management and exclusive promotional offers.

While the nearly 60 AAFES PX/BXs located throughout Operations Enduring and Iraqi Freedom do accept other credit cards, the Military STAR® Card offers more benefits and assistance than many other cards.

For more information on the Military STAR® Card, visit [aafes.com](http://aafes.com) and click on the Military STAR® Card icon.

*Article courtesy of AAFES.*



# Team Ali celebrates Parents Day Sunday

## Senior Airman Daniel Jernstedt, 407th Expeditionary Civil Engineer Squadron

Dear Mom and Dad, there were times along the way where it would have been easier to give up and look the other way, but you always found enough strength and patience to push through those tough times. Dad you always jokingly said, "Dan, you'll make a great adult if you ever make it that far." Thank you!

## Lt. Col. Paul Kucharek, 407th Expeditionary Operations Support Squadron

Dear Mom and Dad, I thank you for your love and support. It was your example of service and leadership that made me realize that one person can and does make a difference in the lives of others. You have been and continue to be role models of integrity, devotion to duty and the desire to never settle for mediocrity.

## Senior Airman Matthew R. Miller, 407th EOSS

Dear Mr. and Mrs. Keith Miller,  
I wanted to take this opportunity to thank you publicly for all have done to support and encourage me these last six months while I have been deployed. Through e-mails, letters and packages you have managed to be a part of my everyday life. I cherish you both as parents and friends, and I eagerly await the day that I see you again. I love you very much and will see you soon.

## Tech. Sgt. Melissa Phillips, 407th Air Expeditionary Group

I love you both more than words can say. Dad, our relationship hasn't always been easy, but I've always greatly appreciated your love, and the work ethic and discipline you taught me. Mom, all we have to do is put on a bathrobe and slippers, and sip some tea. We've always had a friendship I tremendously value. Thank you both for teaching me life lessons!

## Master Sgt. Jen Smith, 407th EOSS

*To my father:*

He taught me to look at obstacles as challenges  
He challenged me to figure things out for myself  
He taught me to sing to the pots and pans  
He challenged me to do something with my life  
He taught me I could do anything  
My father taught and challenged me my whole life, he still is. Thanks Dad.

*To my step mother:*

She showed me patience  
She showed me graciousness  
She showed me kindness  
She showed me generosity  
She showed me reliability  
She showed me quiet strength  
My stepmother showed me how to be a woman of character.  
Thanks Beck.

## Senior Airman Seth Walker, 407th Expeditionary Logistics Readiness Squadron

I want to say Happy Parents Day to the both of you. I want to thank you for loving me and for raising me into the man that I am. I know you are both proud of me, as I now live a life of my own.

## Senior Airman Westley Owens Westley, 407th EOSS

My mom, Sharon LaBosco, is very patriotic and knows what it is like to be in the military and gone from family. She was in the U.S. Navy for quite a bit of time. She sent 40 care packages, which included 60 minute phone cards and all sorts of fun stuff and goodies, for the folks of the 407 EOSS. Thank you for all you do!

## Ali Speaks



Master Sgt. Jen Smith, 407th Expeditionary Operations Support Squadron

"First, set goals, and then, be responsible enough to accomplish them. Additionally, get a good education and strive for financial stability."



Staff Sgt. Chermone N. Bunting, 777th Expeditionary Aircraft Maintenance Squadron

"The qualities my 'peeps' instilled in me are: to love God and do whatever it takes to protect, care for and guide your children!"



1st Lt. Sherry Graham, 407th Air Expeditionary Group

"First and foremost, they taught me integrity. If you are true to yourself and others, life won't steer you wrong. Character is much easier kept than recovered, said Thomas Paine.



Senior Airman Kimberly Coates, 407th Expeditionary Security Forces Squadron

"My parents instilled in me a sense of compassion and values. They showed me how important it is to put someone else before your self, and treat people with all different backgrounds with kindness and respect."





### Rumor

I heard that members of the opposite sex can visit each other in their tents? That doesn't seem right. Is that true?

### Fact

It's partially true. The only place that males and females may socialize together within the direct vicinity of Bedrock tents is on the tent porch, **not in the tents** themselves. The porch is defined as a separate but connected area to the tent where tent residents usually have couches or chairs and even TVs. You can call these areas a tent vestibules, dayrooms, patios or decks; regardless, it is the only place where females and males may commingle in the tent area. If you do not have a "porch" area, you cannot bring opposite-sex friends into your tent area, period. **There are no exceptions to this rule.** For more information, read the 407th Air Expeditionary Group Instruction 36-01, 7.3 and 7.7. If you have any further questions, stop by and see your first sergeant.

*This question was answered by Chief Master Sgt. Susan Ferguson, 407th Air Expeditionary Group superintendent.*

### Flight Medicine Clinic Hours of Operation (open to all Air Force personnel)

Monday - Saturday at 8 a.m. to 11 a.m., and Monday - Friday at 6:30 p.m. to 8 p.m.

For more information, call 445-2267/2617.

The 86th Combat Support Hospital is always open 24 hours for care.

### 86th Combat Support Hospital Sick Call Hours of Operation (open to all Air Force personnel)

Monday - Friday at 8 a.m. to 11 a.m., and 1 p.m. to 3 p.m.

Saturday at 8 a.m. to noon

The CSH is located in Building 208B on 7th Avenue, the same street the Italian pizzeria is located.

After care hours are in the emergency room.

You must wear either the uniform of the day or authorized physical training gear.

For more information, call 833-1609

### Immunization clinic Hours of Operation (open to all Air Force personnel)

Monday - Friday at 1 p.m. to 3 p.m.

Weekends closed

For appointments, call 833-1606.

## 407th AEG Warrior of the Week

### Staff Sgt. Shannen L. Gottshall



**Unit:** 777th Expeditionary Aircraft Maintenance Squadron

**Duty title:** Advisory Support Team hydraulics craftsman

**Home unit:** 347th Maintenance Squadron, Moody Air Force Base, Ga.

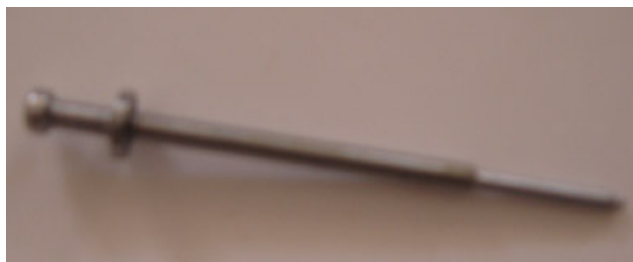
**Why other warriors say he's a warrior:** He never stops or complains, and keeps morale up in other personnel. He came here with limited flightline experience but has done a tremendous job of troubleshooting and fixing all problems that arise. He has stepped up and learned more job-related tasks in order to help out his fellow workers and has been signed off on many flightline tasks he wouldn't be trained on at home.

**What is your most memorable Air Force experience:** An incentive ride I took in an HH-60 Pave Hawk helicopter.

**Hobbies:** Radio controlled airplanes

**Family:** Wife, Becky; and children, Justin, 10; Brandon, 7 and Miranda, 5.

## Identify This



**KNOW WHAT THIS IS?** If you can identify the object, e-mail us at [Ali.Times@tlab.centaf.af.mil](mailto:Ali.Times@tlab.centaf.af.mil) with "Identify This" in the subject block by 3 p.m. the following Friday. All correct entries will be placed in a box and **three winners** will be **randomly selected** at the following week's **Combat Bingo** at 7:30 p.m. at the Hot Spot. *Participants do not have to attend bingo to win.* The three winners will **win a complimentary t-shirt or coin** from the 407th Expeditionary Services Squadron. The Identify This for July 15 will be announced at tonight's bingo.

## The honor guard needs you!

For more information, call Tech. Sgt. Mike Radke, 407th Expeditionary Services Squadron, at 445-2696.





Photo by Master Sgt. Maurice Hessel

Gina Notrica, a country and rock entertainer, sings to Airman Jonathan Morace, 777th Expeditionary Airlift Squadron, at a concert at the Adder Commons July 15. For upcoming Air Force Services activities, go to <http://intranet/ESVS/index.htm>.

## Fitness instructors always needed

Want to get in shape  
and help others do the  
same? Volunteer to be  
a fitness instructor at  
the Muscle Beach.

For more information,  
call 445-2136



## Pumpin' iron

Chief Master Sgt. Dennis M. Krebs, 332nd Air Expeditionary Wing command chief master sergeant, drops by Muscle Beach during a recent visit and gets a few tips from Staff Sgt. Marvin Rhodeman, 407th Expeditionary Services Squadron Muscle Beach sports director and personal trainer. If individuals are interested in formulating a personalized training regiment here, they should call Sergeant Rhodeman at 445-2136.



*Listen up Warfighters ... Keep hydrated, drink plenty of water*



# Just for Fun

Presented by the 407th Expeditionary Services Squadron

## Today

5:30 a.m., Yoga (tape) at Muscle Beach  
8 a.m., Modified Triathlon at Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain, Army fitness center  
5 p.m., Spin at Muscle Beach  
7:30 p.m., Bingo followed by a movie at Hot Spot  
8 p.m., Step aerobics at House of Pain  
8:30 p.m., Absolute Abs at Muscle Beach

## Saturday

5:30 a.m., Pilates at House of Pain  
2:30 p.m., Pilates at Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
5 p.m., Spin at Muscle Beach  
8 p.m., Tops and Blue at Big Top  
8 p.m., Salsa lessons at House of Pain  
8 p.m., Free Throw at basketball court

## Sunday

3 p.m., Spin at House of Pain  
4 p.m., Shito-Ryu at House of Pain  
5 p.m., Spin at Muscle Beach  
7:30 p.m., Jujitsu at Muscle Beach  
Women's 2-on-2 volleyball at the volleyball court  
8 p.m., 9-ball at Hot Spot

## Monday

4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
5 p.m., Spin at Muscle Beach  
7 p.m., Intramural volleyball at volleyball court  
8 p.m., Step aerobics at House of Pain  
8 p.m., Foosball doubles at Hot Spot  
8:30 p.m., Absolute Abs at Muscle Beach

## Tuesday

5:30 a.m., Pilates at House of Pain  
5:30 a.m., Tai Chi (taped) at Muscle Beach  
2:30 p.m., Tai Chi (taped) at

Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
6:30 p.m., Shito-Ryu at House of Pain  
7 p.m., Intramural volleyball at volleyball court  
8 p.m., Ping Pong at Hot Spot  
8 p.m., Spin at House of Pain  
10:30 p.m., Tai Chi (taped) at Muscle Beach

## Wednesday

5:30 a.m., Aerobics at Muscle Beach  
2:30 p.m., Pilates at Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
7 p.m., Intramural volleyball at volleyball courts  
8 p.m., Step aerobics at House of Pain  
8 p.m., Spades at Hot Spot  
8:30 p.m., Absolute Abs at Muscle Beach

## Thursday

5:30 a.m., Pilates at House of Pain  
5:30 a.m., Tai Chi (taped) at Muscle Beach  
2:30 p.m., Tai Chi (taped) at Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
6:30 p.m., Shito-Ryu at House of Pain  
7 p.m., Intramural volleyball at volleyball court  
8 p.m., Spin at House of Pain  
8 p.m., Air Hockey at Hot Spot  
10:30 p.m., Tai Chi (taped) at Muscle Beach

## July 29

5:30 a.m., Yoga (taped) at Muscle Beach  
4:30 p.m., Slim in 6, resist-a-band, at House of Pain  
7:30 p.m., Bingo followed by a movie at Hot Spot  
8 p.m., Step aerobics at House of Pain  
8 p.m., Pull up contest at Muscle Beach  
8 p.m., Hand-to-hand at House of Pain  
8:30 p.m., Absolute Abs at Muscle Beach

For more information or to share suggestions, about 407th Services Squadron events, call 445-2696.  
For more information about the House of Pain, Army fitness center, call 833-1709. For more information about Army morale, welfare and recreation activities, call 833-1745.

# Cricket Movie Theater

HOT SPOT

## Today



**XXX: State of the Union Synopsis, 1 a.m., 1 p.m. and 9 p.m.,** A James Bond-like prototype whose extreme sports skills and criminal record make him an effective secret agent. Starring Ice Cube and Samuel L. Jackson.



**The Longest Yard, 3 a.m. and 3 p.m.,** A retired pro football quarterback is sent to prison and forced by a sadistic warden to lead a team of inmates against a team of guards. Starring Adam Sandler and Chris Rock.



**The Amityville Horror, 5 a.m. and 11 a.m.,** The residents of a home in a Long Island suburb were terrorized by a haunted house. The home was previously inhabited by a man who murdered his family. Starring Ryan Reynolds and Melissa George.



**The Honeymooners, 7 a.m. and 7 p.m.,** Two best friends, a bus driver and sewer worker, hatch a get-rich-quick scheme to get them out of Brooklyn and onto easy street. Starring Cedric the Entertainer and Mike Epps.



**A Lot Like Love, 9 a.m. and 5 p.m.,** On a flight from Los Angeles to New York, Oliver and Emily make a connection, but the couple find each other at the wrong time in their lives. Starring Ashton Kutcher and Amanda Peet.



**Sin City Premise, 11 p.m.,** A cop with a bum ticker vows to protect a stripper, while an outcast misanthrope on a mission to avenge the death of his one true love and a dirty cop with a penchant for violence wreak havoc. Starring Bruce Willis, Josh Hartnett and Jessica Alba.

## Saturday

XXX: State of the Union, 1 a.m.  
A Lot Like Love, 3 a.m.  
Amityville Horror, 5 a.m.  
Sin City, 7 a.m.  
Honeymooners, 9 a.m.  
A Lot Like Love, 11 a.m.  
XXX: State of the Union, 1 p.m.  
Sin City, 3 p.m.  
Amityville Horror, 5 p.m.  
A Lot Like Love, 7 p.m.,  
Honeymooners, 9 p.m.  
Sin City, 11 p.m.

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A Lot Like Love, 7 p.m.  
Honeymooners, 9 p.m.  
Sin City, 11 p.m.







## Spiritual Survival Gear

### Today

**1 p.m.,** Muslim prayer/service at mosque (behind DFAC)  
**6 p.m.,** Weekday Mass at AF chapel  
**6:30 p.m.,** Jewish Service at Army religious activity center  
**7 p.m.,** Bible study at RAC  
**8 p.m.,** Alcoholics Anonymous at RAC annex

### Saturday

**5:30 p.m.,** Catholic confession at AF chapel/chaplain's Office  
**6 p.m.,** Catholic Vigil Mass at AF chapel

### Sunday

**7:30 a.m.,** Catholic Confession at AF chapel/chaplain's Office  
**8 a.m.,** Roman Catholic Mass at AF chapel  
**8 a.m.,** Church of Christ Service at RAC  
**9:30 a.m.,** Traditional Protestant service at AF chapel  
**9:30 a.m.,** Contemporary Protestant Service at Army Post chapel  
**10 a.m.,** Latter Day Saints service at RAC  
**10:30 a.m.,** Roman Catholic Mass at Camp Cedar  
**1 p.m.,** Gospel Service at Army chapel  
**7 p.m.,** Contemporary Worship service at AF chapel

### Monday

**6 p.m.,** Weekday Mass at AF chapel  
**7:30 p.m.,** "God's Design for your Dream Marriage" at chapel annex  
**7:30 p.m.,** Discipleship Bible study/fellowship at AF chapel

### Tuesday

**7 a.m.,** Weekday Mass at AF chapel  
**Noon,** AA at RAC  
**7 p.m.,** Right of Christian Initiation of Adults at AF chapel annex  
**7:30 p.m.,** Creation Science DVD series at AF chapel annex  
**7:30 p.m.,** Combat Bible study at RAC

### Wednesday

**7:30 p.m.,** Creation Science DVD series at AF chapel annex  
**6 p.m.,** Weekday Mass at AF chapel  
**7 p.m. Midweek service discussion** at new Army chapel  
**8 p.m.,** 40 Days of Purpose Bible study at AF chapel annex

### Thursday

**7 a.m.,** Weekday Mass at AF chapel  
**6:30 p.m.,** Ladies' Bible study at RAC  
**7 p.m.,** LDS study at RAC  
**7:30 p.m.,** Workman's Fellowship at Army RAC



Worship is at the 407th Air Expeditionary Group Oasis of Peace Chapel, unless otherwise noted. The chapel is open 24 hours a day for prayer and reflection. For details on worship opportunities, call 445-2006.

## Inspirational moments... Echoes in our lives

A son and his father were walking on the mountains. Suddenly, the son falls, hurts himself and screams: "AAAhhhhhhhhhh!!!"  
 To his surprise, he hears the voice repeating, somewhere in the mountain:  
 "AAAhhhhhhhhhh!!!"  
 Curious, he yells, "Who are you?"  
 He receives the answer, "Who are you?"  
 Angered at the response, he screams, "Coward!"  
 He receives the answer, "Coward!"  
 He looks to his father and asks, "What's going on?"  
 The father smiles and says, "My son, pay attention."  
 And then he screams to the mountain, "I admire you!"  
 The voice answers, "I admire you!"

**"Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart. If you want more competence in your team, improve your competence."**

Again the man screams, "You are a champion!"  
 The voice answers, "You are a champion!"  
 The boy is surprised, but does not understand.  
 Then the father explains, "People call this 'echo,' but really this is life. It gives you back everything you say or do.  
 "Our life is simply a reflection of our actions. If you want more love in the world, create more love in your heart.  
 "If you want more competence in your team, improve your competence.  
 "This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it."

**Your life is not a coincidence. It's a reflection of you. What are you demonstrating to others about yourself today?**

Article courtesy of the Oasis of Peace Chapel

Back issues of the Ali Times are available to 407th Air Expeditionary Group personnel on the shared drive at

**S:\407 AEG\Public\PA\Ali Times Archive**

